

FOR THE BREAKFAST

MENUS ESPECIALLY ACCEPTABLE AT THIS SEASON.

Fruit Should Play an Important Part, and There Are Many Ways of Serving It—Crisp Toast the Best.

Now when one's vitality is at its lowest and appetites seem to need coaxing more than at any other season, fruit should play an important part in breakfast menus, and yet, alas! at no time in the whole year is the housewife so limited in the matter of fruit as at the present. It is too early to buy summer fruits. Even if one can afford to pay for hothouse products the flavor is not at its best. Roughly speaking, there are only apples, bananas, grape fruit, oranges and rhubarb to select from for the breakfast first course—with dried figs and prunes always at command.

Don't serve apples raw at this time of year. Or, if you do, don't expect they will tempt the appetite of any except the most inveterate apple eater. The flavor even in the most expensive apples has lost its edge. But there are many dainty ways of cooking apples that are satisfying and healthful.

Apples baked with figs are sure to be liked. Select the plumpest and juiciest dried figs you can get and wash them, carefully pinching them into their natural shape. Then select good, firm apples, and wash them. Scoop out the cores and into each of these holes pack two or three whole figs. Place them in a baking pan and bake in a hot oven. While they are baking, baste them with sirup made from the juice of half a lemon, two tablespoonfuls of sugar and half a cup of water. The secret of making good baked apples is to have them thoroughly baked, but not baked to pieces. If when they look done they are not soft to the core, place a cover over your baking dish and let them steam for a few minutes. Then remove the cover and brown the fruit slightly. These apples may be served either alone or with farina, hominy or other breakfast food.

Take special pains in preparing grape fruit for the breakfast table at this time of the year. To begin with, take care in selecting the fruit, which, to be good, should be heavy, firm and thin skinned. Dark spots on the surface are said to denote a superior fruit. To make it especially tempting serve with clean, finely chopped ice. Partly fill with the ice one of the long stemmed grape fruit glasses, or, if you do not possess these glasses, any dainty glass bowl will do. Then place on this bed of ice a glass cup filled with grape fruit pulp. If you choose to serve the grape fruit sweetened, prepare it several hours before serving to give the sugar and fruit time to assimilate.

To some people hot buttered toast is indigestible, and indeed the dietitians assure us that the soggy, inner portion of soft toast is quite unfit for the human system. Once you have tried crisp toast you will never care to give it up for the softer sort. First dry thin slices of firm bread in the oven. When thoroughly dry, but not browned, put in the toaster and toast, taking great care not to burn. Serve piping hot, unbuttered. This should be served with a daintily turned pat of fresh, sweet butter.

Cleaning Compound.

Mix one ounce of borax and one ounce gum camphor with one quart boiling water. When cool add one pint of alcohol. Bottle and cork tightly. When wanted for use shake well and sponge the garments to be cleaned. This is an excellent mixture for cleaning soiled black cashmere and woolen dress, coat collars and black felt hats.

BLUE BEST KITCHEN HUE

Artistic Effects in the Culinary Department Are by No Means to Be Displaced.

It may sound foolish to talk of a "color scheme" for the kitchen, but if pots and pans and utensils of all kinds match and the walls are in the same shade with linoleum of the same on the floor, you will be astonished to find how clean and dainty it all looks and how much easier it is to concoct dainties for the home menu in the pleasant room.

Blue is always a good color for the kitchen especially, as it is easy to secure the blue enameled cooking utensils, which are not only easy to keep clean, but eliminate to a great extent all likelihood of burning.

Blue and white china or the quaint solid brown and white ware are pretty in a blue and white kitchen, while blue and white dish towels may be bought just as easily as red and white ones and will look far daintier in the kitchen.

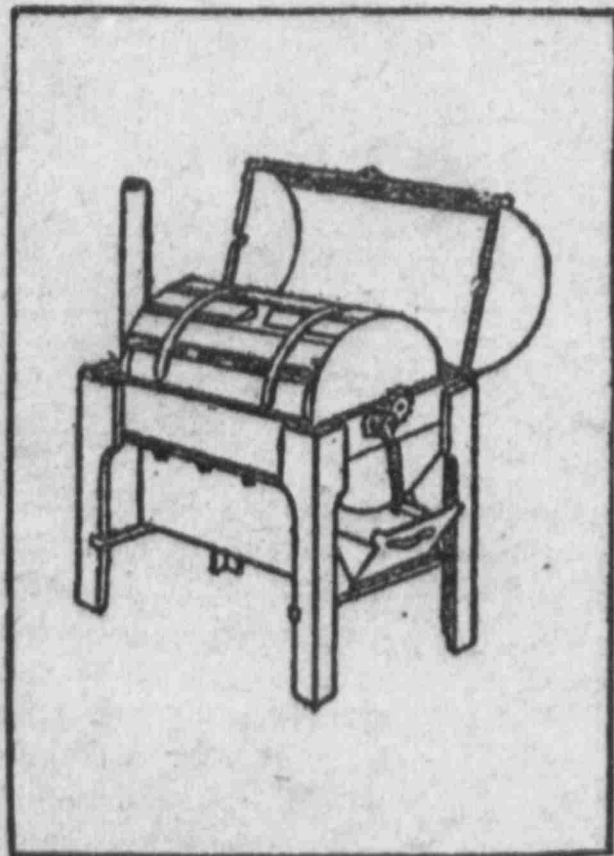
Usefulness, however, must come before an artistic effect and care must be exercised in the selection of the pots and pans. If you have a small family don't buy big stewpans and enormous skillets.

If you have a big family get big utensils and don't buy a lot of modern inventions that you never use, and which clutter up drawers and closets unnecessarily.

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Machine Has Own Firebox.

cylinder, thoroughly cleaned. For canning, of course, the cylinder remains stationary after the jars have been placed in it, and the lid of the machine can be closed, if desired.

To Blanch Sweetbreads.

Soak in cold water one hour, change water once or twice, serve with cold water, add one teaspoon of salt, one tablespoon of lemon juice or vinegar, two or three cloves, two peppercorns sprig parsley and one-half bay leaf, simmer gently 20 minutes; drain, cover with cold water; drain again, remove fibers and pipes.

Children Cry for Fletcher's

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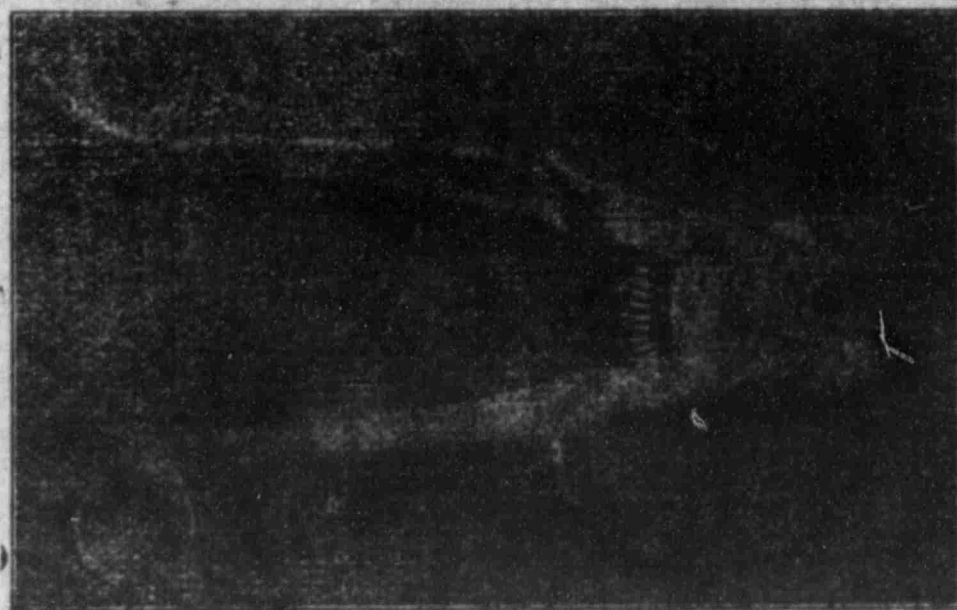
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